The Brighton & Hove
Interfaith Contact Group

Interfaith News Update for September



Meet the New Chair

Dear Friend,

You will have heard in the last newsletter that Anthea Ballam has had to lay down the role of Chair of the IFCG due to health issues. Our thoughts and prayers are with her.

For the moment I have stepped in, but Anthea is a very tough act to follow! I feel lucky to have got to know Anthea quite well in the past months, and believe it or not this was due largely to the Interfaith Buddy Scheme!

I literally saw a leaflet at the Friends' Meeting House and thought it looked interesting, and gave it a go by simply sending an email. In just a few weeks I heard back that my new buddy was Anthea.

I did already know Anthea slightly, but it was really fun to meet up regularly and chat. Eventually I agreed to serve on the committee (at the time ostensibly because of my Chaplaincy role at the University of Sussex, which I have now laid down) and through helping Anthea off-load some of the IT tasks, it became obvious that I could take up some of what Anthea has been doing on our behalf.

Strictly speaking my appointment is only an interim one until we can agree a more permanent arrangement at AGM. But I am already really enjoying serving Brighton and Hove's vibrant interfaith community and I hope I can ensure that most things continue to work for the moment with minimum disruption. I also have a terrific committee behind me, so this is very much a team effort.

I would definitely encourage you to sign up to the buddy scheme. Much care is taken to match people up with similar interests and if you want to know more about the scheme you can find details on our website at https://interfaithcontactgroup.com/buddying-scheme/ .

IT tasks are not too difficult to learn. What is harder to replace is the detailed knowledge of the Brighton and Hove community and many valuable personal relationships that Anthea has accumulated and nurtured in many years of faithful service.

I cannot easily replicate this, especially in a short time, but please feel free to email me at chair@Interfaithcontactgroup.com about any concerns relating to IFCG (or just to say hello!), and I will do my very best to help you.

In peace and friendship,

Jason Evans
Interim Chair,
IFCG Brighton and Hove.



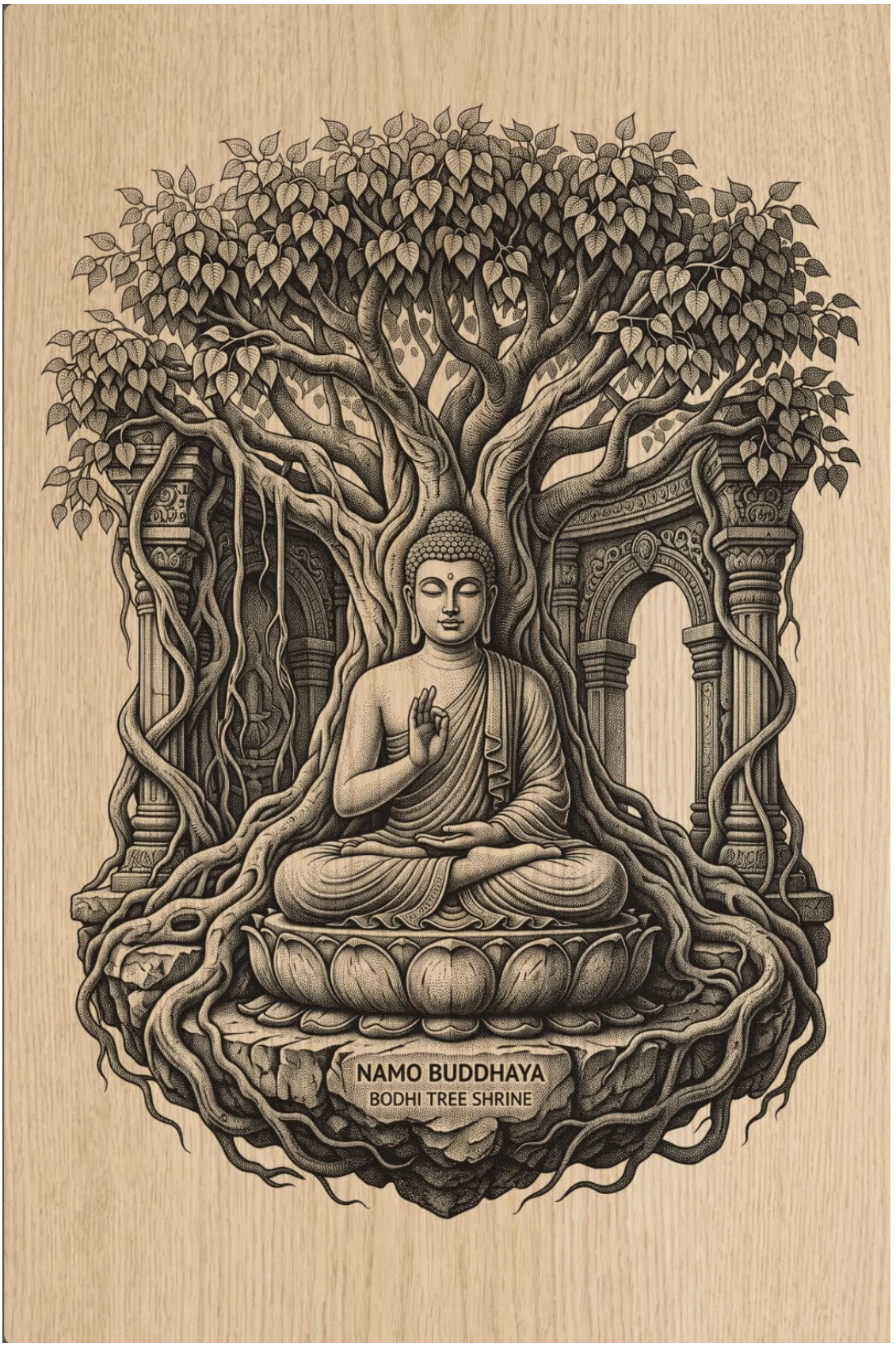
Christian Climate Action Annual Pilgrimage, 20th September

Christian Climate Action are to hold their annual pilgrimage at Sunday 20th September 2026.

Here is the itinerary (you are welcome to join at any point, timings approximate):

One Church, Florence Rd 1.00 pm
St Peter’s, York Pl 1.45 pm
Buddhist Centre, Tichbourne St 2.00 pm
Unitarian Church, New Rd 2.30 pm
Seafront Groyne by Palace Pier 3.00 pm
Friends Meeting House, Ship St, 3.30 pm

This is always a good event, with plenty of opportunity for interfaith chats en-route as the pilgrimage makes its way through Brighton, stopping at some of the significant places of worship.



Bodhi Tree Brighton Buddhists, 26th September

As you may know, Bodhi Tree is an umbrella organisation which brings together some of Brighton and Hove's smaller Buddhist communities.

This month on 26th September, from 9.45am-5.00pm, they have a day retreat on the theme of **Boundless Freedom of Views** with **Mark Ovland** at Community Base and online.

There'll be meditation guidance, dharma reflections, and opportunities for questions and sharing. Outside of these times the day will be held in companionable silence.

For full details and to book your place, visit https://www.eventbrite.co.uk/e/the-boundless-freedom-of-views-tickets-1983613574599

Everyone is welcome, and the retreat will be livestreamed for greater accessibility (zoom link will be sent 2 hours before event - registration for online must be before this time).

More details about Bodhi Tree can be found on their website at www.bodhitreebrighton.org.uk .



Celebrate Autumn Equinox with Brighton Green Spirit, 25th September

Brighton GreenSpirit Group are the Brighton branch of a national group celebrating the intrinsic spirituality of nature.

Their next meeting will be at 11.30am - 1pm on Friday 25th September at the Memorial Gardens in Woodingdean near Brighton. They will be celebrating the Autumn Equinox, marking the point where day and night are of equal length. The Autumn Equinox is one of the eight Celtic festivals in the year.

The Brighton GreenSpirit group meets eight times a year in Woodingdean for about an hour and a half. They celebrate the ancient Celtic festivals such as equinoxes and solstices which usually involves a gentle woodland walk, a few readings or poems, and sometimes a short guided meditation.

If you'd like to join us and/or join the Brighton GreenSpirit WhatsApp group please contact Piers Warren at piers@pierswarren.co.uk



Monks in the City

Here are details of the 'Monks in the City' programme for Autumn 2026:

The programme - in which the Monks from Worth Abbey seek to share monastic insights for daily life and to offer opportunities for times of stillness, meditation, communal prayer, reflection and hospitality - is updated three times a year.

There some new opportunities this season:

- Stillness – a monthly meeting for Contemplative Prayer, Mondays 7:30 to 8:30pm, commencing on 24th August.
- Lectio Divina (in person) - every Wednesday morning, 10 to 11am, from 30th September.

They are again holding a Quiet Day at Worth Abbey, Saturday 31st October, 10am to 4pm.

And a small change – Evening Prayer (Vespers) on Saturday and Sunday is now at 4:30pm.

The Monks hope you will be able to join them for some of these events and they look forward to seeing you here.



Miscellaneous other events

There are a lot of other events going on in Brighton and Hove. Here's a small selection:

- **Music of the Mystics - Sufi Qawwali Night**: Experience traditional Sufi Qawwali music with Fanna-Fi-Allah featuring intense rhythms and devotional poetry at Komedia Brighton on Wednesday 16 September 2026 at 20:00. Tickets cost varying prices depending on tier. https://tickets.fanna-fi-allah.com/events/tabaruqrecords/2038784 .
- **Various events** at the **Jing Institute of Massage and Complementary Medicine,** https://jingmassage.com/whats-on/#mec-calendar-events-sec-8-20260925 .
- **Gospel Singing Workshop**: Lift your voice in an uplifting harmony workshop led by Rev Bazil Meade MBE of the London Community Gospel Choir at the Brighthelm Centre on Saturday 26 September 2026 at 12:15. https://www.facebook.com/events/brighthelm-centre/gospel-singing-workshop-with-bazil-meade-mbe-of-lcgc/945343427934839/ .
- **Outdoor Yoga in Queen's Park**: Attend a weekly open-air yoga and meditation class designed to center the body and mind on Saturday mornings starting 5th September 2026 at 10:00. Tickets are £10.

https://www.eventbrite.co.uk/e/outdoor-yoga-queens-park-brighton-saturdays-10-1115am-tickets-1987807431538 .

- **Various events at WRAP co-working space**: https://wrap.space/events-2026 .
- **Wake Up Brighton Meditation**: A volunteer-led mindfulness gathering inspired by Thich Nhat Hanh's Zen teachings at the Friends Meeting House on Saturday 19 September 2026 at 14:30. https://www.eventbrite.com/e/meditation-and-mindfulness-in-central-brighton-wake-up-brighton-tickets-1991780233295 .

If you would like your event featured in a future newsletter, send me an email at chair@Interfaithcontactgroup.com before the second Saturday of the month.



Special days in September

This month we are particularly thinking of Jain friends holding Paryushana and Samvatsari; Jewish friends marking Rosh Hashana, then later in the month Yom Kippur and Sukkot; there was First Reading of Guru Granth Sahib for the Sikh community; Enkutatash the Ethiopian New Year for Rastafarians; Janmashtami, Ganesh Chaturthi and Mahalaya for the Hindu community; Gyarvi Sharif for the Muslim community.

And of course 23rd September, the Autumnal Equinox as the wheel of year turns around.

Have we missed any? (Let me know!) Whatever your tradition and whatever special days you are marking, be blessed and peace be with you!



Share ideas about Spiritual Books from your Armchair

The IFCG Spiritual Book Club is fun, friendly and inspirational. We meet every second Monday of the month at 7pm online, and our next meeting is scheduled for **September 14th**. We are currently still reading **Active Hope: How to Face the Mess We're In by Joanna Macy**, as we liked it so much we thought we would give it another month!

The group is informal and relaxed, so if you haven't read the book you are welcome to come anyway (just hearing about it might inspire you). We already decided our book for September-October: **The Great Search by John Philip Newell**.

If you would like to join us, please email spiritualbooks@interfaithcontactgroup.com



See you next month!

www.interfaithcontactgroup.com

Interfaith Contact Group 2026